

Sleep Disorder Risk Questionnaire

If you believe you or a family member suffers from a sleep disorder, the following questionnaire can help validate your concern.

Questions to Ask Yourself

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Do I fall asleep at unusual times? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do I wake up with headaches? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Has my collar size increased? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do I wake up with a sore throat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do I fight sleep while driving? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do I wake up gasping? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do I wake up as tired as when I went to bed? | <input type="checkbox"/> | <input type="checkbox"/> |

Questions to Ask Your Spouse

- | | | |
|--|--------------------------|--------------------------|
| 8. Do I snore? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Am I a restless sleeper? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do I stop breathing while I sleep? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do I seem tired all the time? | <input type="checkbox"/> | <input type="checkbox"/> |

Answering “yes” to three or more of these questions may indicate some degree of sleep apnea or another sleep disorder. If so, please consider doing one of the following:

- Discuss sleep apnea with your physician.
- Receive more information by calling the Sleep Disorder Center at 772.563.4403.

Tours

Orientation tours may be scheduled by calling the Sleep Disorder Center at 772.563.4403.

Find Us

The Sleep Disorder Center is conveniently located on the Cleveland Clinic Indian River Hospital campus. Ample parking is available. For further information, please call the Sleep Disorder Center at 772.563.4403.



Sleep Disorder Center
 Cleveland Clinic
 Indian River Hospital
 3395 11th Court
 Vero Beach, FL 32960
 772.563.4403

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Sleep Disorder Center



Sleep Disorders: You're Not Alone

Restful sleep! Getting the right amount — not too much or too little — is vital to your health. It is estimated that two out of every five Americans — or 40 percent of the population — have a serious sleep disorder which interferes with their ability to initiate or maintain sleep. The results? Excessive sleepiness that can lead to other serious problems. Sleep disorders arise from a wide variety of causes, which affect people of all ages. Accurately diagnosing sleep disorders requires skilled medical professionals.

Cleveland Clinic Indian River Hospital's Sleep Disorder Center Offers Hope

Through its staff of highly-trained, board-certified sleep technologists and physicians, specially trained in diagnosing and treating sleep disorders, CCIRH provides comprehensive sleep monitoring that identifies sleep disorders and leads to effective treatment.

Common Sleep Disorders

Apnea – Interrupted Breathing

People with apnea stop breathing while sleeping, sometimes as frequently as several hundred times during the night. Blockage of the upper airway, central nervous system diseases and heavy snoring may cause the condition.

Apnea victims may experience excessive daytime sleepiness, high blood pressure, rapid weight gain, morning headaches, personality changes, impotence, and signs of heart failure or enlarged heart. Sudden sleep attacks, similar to those associated with narcolepsy (see below), also may plague apnea sufferers.

Insomnia – The Inability to Sleep

About 70 million Americans experience fragmented and disrupted sleep. This can be caused by stress, breathing disorders, temporary pain and misuse or overuse of sleeping pills. Daytime symptoms often include headaches, hypertension and concentration/memory difficulties.

Narcolepsy – Sudden and Uncontrollable Attacks of Excessive Sleepiness

Narcolepsy causes the individual to sleep during the day, often at inappropriate times – such as while driving, eating or during meetings. Common complaints include frequent, vivid nightmares or hallucinations upon falling asleep, sudden muscular weakness when angry, surprised or amused and momentary paralysis upon awakening.

Nocturnal Myoclonus – “Restless Legs” Syndrome

Often mistaken for insomnia, nocturnal myoclonus symptoms include multiple arousal during the night, excessive daytime drowsiness, aching muscles upon awakening and crawling or restless sensations in the legs.

Parasomnias – “Things That Go Bump in the Night”

Parasomnias include sleepwalking (somnambulism), nightmares and night terrors.

Other Disorders

Conditions that cause improper sleep patterns also include seizures and bruxism (grinding of the teeth).

The Sleep Disorder Center features four beautifully decorated rooms that facilitate a comfortable atmosphere for the most accurate sleep studies possible. Each room has an attached restroom with shower.

Enrollment and Testing

Your family physician can enroll you in a sleep monitoring study at the Sleep Disorder Center. The center can also provide a list of physicians specializing in sleep disorders.

Once enrolled, the Sleep Disorder Center will give you or your physician a sleep history questionnaire, which will help clarify your diagnosis and the reason for your sleep study.

Your study includes up to two nights of monitoring at the center. The study takes place from 8 p.m. to 6:45 a.m. During this time, a specialized team of professionals carefully monitors your sleep patterns, heart activities, breathing and body movements.

For your comfort, we recommend that you bring your own pajamas and robe. Appropriate diagnoses for sleep disorders are required to initiate a sleep monitoring study. Most insurance carriers cover such studies. You should contact your insurance representative for eligibility under your policy.

For more information and a sleep history questionnaire, please call the Sleep Disorder Center at 772.563.4403.

